

INTROIT Psalms 85: 17

Fac mecum, Dómine, signum in bonum: ut vídeant, qui me oderunt, et confundántur: quóniam tu, Dómine, adjuvísti me et consolátus es me. (Ps. 85: 1) Inclína, Dómine, aurem tuam, et exáudi me: quóniam inops et pauper sum ego. Glória Patri et Filio et Spirítui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum. Amen. Fac mecum, Dómine, signum in bonum: ut vídeant, qui me oderunt, et confundántur: quóniam tu, Dómine, adjuvísti me et consolátus es me.

COLLECT

Jejúnia nostra, quæsumus, Dómine, benígno favóre proséquere: ut, sicut ab aliméntis abstinémus in córpore; ita a vítiis jejunémus in mente. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

For St. John Capistran

Deus, qui per beátum Joánnem fidéles tuos in virtúte sanctíssimi nóminis Jesu de Crucis inimícis triumpháre fecísti: præsta, quæsumus; ut, spirituálium hóstium, ejus intercessióne, superátis insídiis, corónam justítiæ a te accíperere mereámur. Per eúndem Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

LESSON Numbers 20: 1, 3, 6-13

In diébus illis: Convenérunt filii Israëli adversum Móysen et Aaron: et versi in seditiónem, dixerunt: Date nobis aquam, ut bibámus. Ingressúsque Móyses et Aaron, dimíssa multítudine, tabernáculum fœderis, corrúerunt proni in terram, clamaverúntque ad Dóminum, atque dixerunt: Dómine Deus, audi clamórem hujus pópuli, et áperi eis thesáurum tuum, fontem aquæ vivæ, ut, satiáti, cesset murmurátio eórum. Et appáruit glória Dómini super eos. Locutúsque est Dóminus ad Móysen, dicens: Tolle virgam, et cógrega pópulum, tu et Aaron frater tuus, et loquimini ad petram coram eis, et illa dabit aquas. Cumque edúxeris aquam de petra, bibet omnis multítudo et juménta ejus. Tulit ígitur Móyses virgam, quæ erat in conspéctu Dómini, sicut præcéperat ei, congregáta multítudine ante petram, dixítque eis: Audíte, rebéles et incréduli: Num de petra hac vobis aquam potérimus ejícere? Cumque elevásset Móyses manum, percútiens virga bis silicem, egréssæ sunt aquæ largíssimæ, ita ut pópulus bíberet, et juménta. Dixítque Dóminus ad Móysen et Aaron: Quia non credidístis mihi, ut sanctificarétis me coram filiis Israëli, non introducétis hos pópulos in terram, quam dabo eis. Hæc est aqua contradicçãois, ubi jurgáti sunt filii Israëli contra Dóminum, et sanctificátus est in eis.

GRADUAL Psalms 27: 7, 1

In Deo sperávit cor meum, et adjútus sum: et reflóruit caro mea, et ex voluntáte mea confitébor illi. Ad te, Dómine, clamávi: Deus meus, ne síleas, ne discédas a me.

TRACT Psalms 102: 10

Dómine, non secúndum peccáta nostra, quæ fécimus nos: neque secúndum iniquitátes nostras retribuas nobis. (Ps. 78: 8-9) Dómine, ne memíneris iniquitátum nostrárum antiquárum: cito anticipent nos misericórdiæ tuæ, quia páuperes facti sumus nimis. (*Hic genuflectitur.*) Adjuva nos, Deus, salutáris noster: et propter glóriam nóminis tui, Dómine, libera nos: et propítius esto peccátis nostris, propter nomen tuum.

GOSPEL John 4: 5-42

In illo témpore: Venit Jesus in civitátem Samaríæ, quæ dicitur Sichar: juxta prædium, quod dedit Jacob Joseph, filio suo. Erat autem ibi fons Jacob. Jesus ergo fatigátus ex itínere, sedébat sic supra fontem. Hora erat quasi sexta. Venit múlier de Samaría hauríre aquam. Dicit ei Jesus: Da mihi bíbere. - Discípuli enim ejus abierant in civitátem, ut cibos émerent. - Dicit ergo ei múlier illa Samaritána: Quómodo tu, Judæus cum sis, bíbere a me poscis, quæ sum múlier Samaritána? non enim coutúntur Judæi Samaritánis. Respóndit Jesus et dixit ei: Si scires donum Dei, et quis est, qui dicit tibi: Da mihi bibere: tu fórsitan petíisses ab eo, et dedíisset tibi aquam vivam. Dicit ei múlier: Dómine, neque in quo háurias habes, et púteus alius est: unde ergo habes aquam vivam? Numquid tu major es patre nostro Jacob, qui dedit nobis púteum, et ipse ex eo bibit et filii ejus et pécora ejus? Respóndit Jesus et dixit ei: Omnis, qui bibit ex aqua hac, sitiet íterum: qui bibit ex aqua hac, quam ego dabo ei, non sitiet in ætérnum: ego fons aquæ saliéntis in vitam ætérnam. Dicit ad eum mulier: Dómine, da mihi hanc aquam, ut non sítiam neque véniam huc hauríre. Dicit ei Jesus: Vade, voca virum tuum, et veni huc. Respóndit múlier, et dixit: Non hábeo virum. Dicit ei Jesus: Bene dixísti, quia non hábeo virum: quinque enim viros habuísti, et nunc, quem habes, non est tuus vir: hoc vere dixísti. Dicit ei múlier: Dómine, vídeo, quia Prophéta es tu. Patres nostri in monte hoc adoravérunt, et vos dicitis, quia Jerosólymis est locus, ubi adoráre opórtet. Dicit ei Jesus: Múlier, crede mihi, quia venit hora, quando neque in monte hoc, neque in Jerosólymis adorábitis Patrem. Vos adorátis, quod nescítis: nos adorámus, quod scimus, quia salus ex Judæis est. Sed venit hora, et nunc est, quando veri adorátóres adorábunt Patrem in spírítu et veritáte. Nam et Pater tales quærit, qui adórent eum. Spíritus est Deus: et eos, qui adórant eum, in spírítu et veritáte opórtet adoráre. Dicit ei mulier: Scio, quia Messías venit qui dicitur Christus. Cum ergo vénerit ille, nobis annuntiábit ómnia. Dicit ei Jesus: Ego sum, qui loquor tecum. Et contínuo venérunt discípuuli ejus: et mirabántur, quia cum muliere loquebátur. Nemo tamen dixit: Quid quæris, aut quid loqueris cum ea? Reliquit ergo hýdriam suam múlier, et ábiit in civitátem, et dicit illis homínibus: Veníte, et vidéte hómínes, qui dixit mihi ómnia, quæcúmque feci: numquid ipse est Christus? Exiéerunt ergo de civitáte, et veniébant ad eum. Intérea rogábant eum discípuuli, dicéntes: Rabbi, manduca. Ille respondit eis: Ego cibum hábeo manducáre, quem vos nescítis. Dicébant ergo discípuuli ad ínvicem: Numquid áliquis áttulit ci manducáre? Dicit eis Jesus: Meus cibus est, ut fáciam voluntátem ejus, qui misit me, ut perfíciam opus ejus. Nonne vos dicitis, quod adhuc quátuor menses sunt, et messis venit? Ecce,

Show me, O Lord, a token for good: that they who hate me may see, and be confounded because Thou, O Lord, have helped me and consoled me. (Ps. 85: 1) Incline Thy ear, O Lord, and hear me: for I am needy and poor. Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Show me, O Lord, a token for good: that they who hate me may see, and be confounded because Thou, O Lord, have helped me and consoled me.

Accompany our fasts, we beseech Thee, O Lord, with thy benignant favor, that as in the body we abstain from nourishment, so in the spirit we may fast from vice. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

O God, Who, through blessed John, didst make Thy faithful, in virtue of the most holy name of Jesus, to triumph over the enemies of the cross; grant, we beseech Thee, that overcoming by his intercession the snares of our spiritual enemies, we may deserve to receive from Thee a crown of justice. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

In those days, the Israelites held a council against Moses and Aaron. The people contended, exclaiming, Give us water that we may drink. But Moses and Aaron went away from the assembly to the entrance of the Meeting Tent, where they fell prostrate. They cried to the Lord, and said, O Lord God, hear the cry of this people, and open to them Your treasure, a fountain of living water, that being satisfied, they may cease to murmur. Then the glory of the Lord appeared to them, and the Lord said to Moses, Take the staff and assemble the people, you and your brother Aaron, and in their presence order the rock to yield its waters. From the rock you shall bring forth water for the community and their livestock to drink. So Moses took the staff from its place before the Lord, as he was ordered. He and Aaron assembled the community in front of the rock, where he said to them, Listen to me, you rebels! Are we to bring water for you out of this rock? Then, raising his hand, Moses struck the rock twice with his staff, and water gushed out in abundance for the people and their livestock to drink. But the Lord said to Moses and Aaron, Because you were not faithful to Me in showing forth My sanctity before the Israelites, you shall not lead this people into the land I will give them. This is the water of contradiction, where the Israelites contended against the Lord, and where He revealed His sanctity among them.

In God my heart has trusted and I have been helped: and my flesh has flourished again, and with my will I shall praise Him. Unto Thee I have cried out: O my God, be not silent, do not forsake me.

O Lord, repay us not according to the sins we have committed, nor according to our iniquities. (Ps. 78: 8-9) O Lord, remember not our former iniquities, let Thy mercies speedily prevent us; for we are become exceeding poor. (*Here kneel.*) Help us, O God, our Savior, and for the glory of Thy name, O Lord, deliver us: and forgive us our sins for Thy name's sake.

At that time, Jesus came, accordingly, to a town of Samaria called Sichar, near the field that Jacob gave to his son Joseph. Now Jacob's well was there. Jesus therefore, wearied as He was from the journey, was sitting at the well. It was about the sixth hour. There came a Samaritan woman to draw water. Jesus said to her, Give Me to drink; for His disciples had gone away into the town to buy food. The Samaritan woman therefore said to Him, How is it that You, although You are a Jew, ask drink of me, who am a Samaritan woman? For Jews do not associate with Samaritans. Jesus answered and said to her, If you did know the gift of God, and Who it is Who says to you, 'Give Me to drink,' you, perhaps, would have asked of Him, and He would have given you living water. The woman said to Him, Sir, You have nothing to draw with, and the well is deep. Whence then have You living water? Are You greater than our father Jacob who gave us the well, and drank from it, himself, and his sons, and his flocks? In answer Jesus said to her, Everyone who drinks of this water will thirst again. He, however, who drinks of the water that I will give him shall never thirst; but the water that I will give him shall become in him a fountain of water, springing up unto life everlasting. The woman said to Him, Sir, give me this water that I may not thirst, or come here to draw. Jesus said to her, Go, call your husband and come here. The woman answered and said, I have no husband. Jesus said to her: Thou hast said well, 'I have no husband.' for you have had five husbands, and he whom you now have is not your husband. In this you have spoken truly. The woman said to Him, Sir, I see that You are a prophet. Our fathers worshiped on this mountain, but You say that at Jerusalem is the place where one ought to worship. Jesus said to her, Woman, believe Me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and in truth. For the Father also seeks such to worship Him. God is spirit, and they who worship Him must worship in spirit and in truth. The woman said to Him, I know that Messiah is coming Who is called Christ, and when He comes He will tell us all things. Jesus said to her, I Who speak with you am He. And at this point His disciples came; and they wondered that He was speaking with a woman. Yet no one said, What do You seek? or, Why do You speak with her? The woman therefore left her water-jar and went away into the town, and said to the people, Come and see a man who has told me all that I have ever done. Can He be the Christ? They went forth from the town and came to meet Him. Meanwhile, His disciples besought Him, saying, Rabbi, eat. But He said to

dico vobis: Leváte óculos vestros, et vidéte regiónes, quia albæ sunt iam ad messem. Et qui metit, mercédem áccipit, et cóngregat fructum in vitam ætérnam: ut, et qui séminat, simul gáudeat, et qui metit. In hoc enim est verbum verum: quia álius est qui séminat, et álius est qui metit. Ego misi vos métere quod vos non laborástis: álii laboravérunt, et vos in labóres eórum introístis. Ex civitáte autem illa multi credidérunt in eum propter sermónem ejus. Et mulíeri dicébant: Quia iam non propter tuam loquélam crédimus: ipsi enim audívimus, et scimus, quia hic est vere Salvátor mundi.

OFFERTORY Psalms 5: 3-4

Inténde voci oratiónis meæ, Rex meus, et Deus meus: quóniam ad te orábo, Dómine.

SECRET

Réspice, quæsumus, Dómine, propítius ad múnera, quæ sacrámus: ut tibi grata sint, et nobis salutária semper exsístant. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

For St. John Capistran

Sacrificium, Dómine, quod immolámus, placátus inténde: ut, intercedénte beáto Joánne Confessóre tuo, ad conteréndas ínimicórum insídias nos in tuæ protectiÓNIS securitáte constítuat. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

PREFACE OF LENT

Vere dignum et justum est, æquum et salutáre, nos tibi semper et ubíque grátias ágere: Dómine sancte, Pater omnípotens, ætérne Deus: Qui corporáli jejúnio vítia cóprimis, mentem élevas, virtútem largírís et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes. Cæli cælorúmque Virtútes ac beáta Séraphim sócia exsultatióne concélebrant. Cum quibus et nostras voces ut admítte júbeas, deprecámur, súpplici confessiÓne dicétes:

COMMUNION John 4: 13-14

Qui bíberit aquam, quam ego dabo ei, dicit Dóminus, fiet in eo fons aquæ saliéntis in vitam ætérnam.

POSTCOMMUNION

Hujus nos, Dómine, percéptio sacraménti mundet a crimine: et ad cæléstia regna perdúcat. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

For St. John Capistran

Repléti alimónia cælésti et spirituáli pópulo recreáti, quæsumus, omnípotens Deus: ut, intercedénte beáto Joánne Confessóre tuo, nos ab hoste malígno deféndas, et Ecclésiám tuam perpétua pace custódiás. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo. Præsta, quæsumus, omnípotens Deus: ut, qui in tua protectiÓne confidimus, cuncta nobis adversántia, te adjuvánte, vincámus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

them, I have food to eat of which you do not know. The disciples therefore said to one another, Has someone brought Him something to eat? Jesus said to them, My food is to do the will of Him Who sent Me, to accomplish His work. Do you not say, 'There are yet four months, and then comes the harvest'? Well, I say to you, lift up your eyes and behold that the fields are already white for the harvest. And he who reaps receives a wage, and gathers fruit unto life everlasting, so that the sower and the reaper may rejoice together. For herein is the proverb true, 'One sows, another reaps.' I have sent you to reap that on which you have not labored. Others have labored, and you have entered into their labors. Now many of the Samaritans of that town believed in Him because of the word of the woman who bore witness, He told me all that I have ever done. When, therefore, the Samaritans had come to Him, they besought Him to stay there; and He stayed two days. And far more believed because of His word. And they said to the woman, We no longer believe because of what you have said, for we have heard for ourselves and we know that this is in truth the Savior of the world.

Harken to the voice of my prayer, O my King and my God: for to Thee will I pray, O Lord.

Look with favor, we beseech You, O Lord, upon the gifts we offer You, that they may be pleasing to you and ever helpful to our salvation. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Be appeased, O Lord, and look upon the sacrifice which we offer, that, by the intercession of blessed John, Thy confessor, it may establish us in the security of Thy protection until we tread under foot the snares of our enemies. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

It is truly fitting and just, proper and beneficial, that we should always and everywhere, give thanks unto Thee, holy Lord, Father almighty, everlasting God. Who by this bodily fast, dost curb our vices, dost lift up our minds and bestow on us strength and rewards; through Christ our Lord. Through Whom the Angels praise Thy majesty, the Dominations adore, the Powers tremble: the heavens and the hosts of heaven, and the blessed Seraphim, together celebrate in exultation. With whom, we pray Thee, command that our voices of supplication also be admitted in confessing Thee saying:

He who drinks of the water that I will give him, says the Lord, it shall become in him a fountain of water, springing up unto life everlasting.

May the reception of this sacrament, O Lord, cleanse us from sin and bring us into the heavenly kingdom. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Filled with heavenly food and refreshed with the spiritual cup, we beseech Thee, almighty God, that by the intercession of blessed John, Thy confessor, Thou defend us against the malice of the enemy and keep continual peace in Thy Church. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Bow your heads to God. Grant, we beseech You, almighty God, that we who trust in Your protection may, by Your assistance, triumph over all adversities. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.